

Pool Schedule Summer 2014

May 25 - August 15 (Schedule Subject to Change)

	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
MONDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:00am	Closed 5:30 - 11:00 am	Closed 5:30 am - 1:00 pm	Swim Lessons 8:00 - 10:15 am
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:00 am - 8:30 pm	Open 11:00 am - 8:00 pm	Open 1:00 - 3:00 pm	Adult Swim Lessons 7:15 - 8:00 pm
	Closed 8:00-11:00 am	Arthritis Foundation 9:15 - 10:15 am		Closed 8:00 - 8:30 pm	Closed 3:00 - 8:30 pm	
	Open Swim 11:00 am - 8:30 pm	2 Lanes Available 10:15-1:00 pm				
		Open Swim 1:00 - 4:00 pm				
		2 Lanes Available 5:00 - 6:00 pm				
TUESDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:00 am	Closed 5:30 am - 11:00 am	Closed 5:30 am - 1:00 pm	Swim Lessons 8:00 - 10:15 am
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:00 am - 4:50 pm	Open 11:00 - 4:50 pm	Open 1:00 - 3:00 pm	Masters Swim 12:00 - 1:00 pm
	Closed 8:00 - 10:15 am	Low Impact 9:15 - 10:15 am	Closed 4:50 - 6:45 pm	Closed 4:50 - 6:45 pm	Closed 3:00 - 7:00 pm	Swim Lessons 5:00 - 6:45 pm
	Hydro Pump 10:15-10:45 am	Deep Water 9:45-10:15 am	Open Swim 6:45 - 8:30pm	Open 6:45 - 8:00 pm	Open 7:00 - 8:00 pm	Stroke Clinic 6:20 - 7:00 pm (June 10 - July 10)
	Open Swim 11:00 am - 4:50 pm	2 Lanes Available 10:15 am - 12:00 pm		Closed 8:00 - 8:30 pm	Closed 8:00 - 8:30 pm	
	Closed 4:50 - 6:00 pm	Open Swim 1:00 - 4:00 pm				
WEDNESDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:00am	Closed 5:30 - 11:00 am	Closed 5:30 am - 1:00 pm	Swim Lessons 8:00 - 10:15 am
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:00 am - 8:30 pm	Open 11:00 am - 8:00 pm	Open 1:00 - 3:00 pm	Merit Badge Contact Matt Brown to schedule date and time
	Closed 8:00-10:00 am	Arthritis Foundation 9:15 - 10:15 am		Closed 8:00 - 8:30 pm	Closed 3:00 - 8:30 pm	
	Closed 8:00-11:00 am	2 Lanes Available 10:15-1:00 pm				
	Open Swim 11:00 am - 8:30 pm	Open Swim 1:00 - 4:00 pm				
		2 Lanes Available 4:00 - 6:00 pm				
THURSDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:00 am	Closed 5:30 am - 11:00 pm	Closed 5:30 am - 1:00 pm	Swim Lessons 8:00 - 10:15 am
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim 11:00 am - 4:50 pm	Open 11:00 - 4:50 pm	Open 1:00 - 3:00 pm	Masters Swim 12:00 - 1:00 pm
	Closed 8:00 - 10:15 am	Low Impact 9:15 - 10:15 am	Closed 4:50 - 6:45 pm	Closed 4:50 - 6:45 pm	Closed 3:00 - 7:00 pm	Swim Lessons 5:00 - 6:45 pm
	Hydro Pump 10:15-10:45 am	Deep Water 9:45-10:15 am	Open Swim 6:45 - 8:30pm	Open 6:45 - 8:00 pm	Open 7:00 - 8:00 pm	
	Open Swim 11:00 am - 4:50 pm	2 Lanes Available 10:15 am - 12:00 pm		Closed 8:00 - 8:30 pm	Closed 8:00 - 8:30 pm	
	Hydro Pump 6:00 - 6:30 pm	Open Swim 1:00 - 4:00 pm				
FRIDAY	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 9:00 am	Closed 5:30 am - 11:00 pm	Closed 5:30 am - 1:00 pm	Swim Programs
	Hydro Pump 7:00 - 8:00 am	H2O Aerobics 8:00 - 9:00 am	Open Swim/No features 9:00 - 10:00 am	Open 11:00 - 6:00 pm	Open 1:00 - 3:00 pm	
	Adult Only 8:00 - 9:30 am	Arthritis Foundation 9:15 - 10:15 am	Open swim 10:00 am - 6:30pm	Closed 6:00 - 6:30 pm	Closed 3:00 - 6:30 pm	
	Hydro Pump 9:30 - 10:30 am	2 Lanes Available 10:15 am - 1:00 pm				
	Open Swim 10:30 am - 6:30 pm	Open Swim 1:00 - 4:00 pm				
		2 Lanes Available 4:00 - 6:30 pm				
SAT.	Adult Only 7:00 - 8:00 am	3 Lanes Available 8:00 - 9:00 am	Closed 7:00 am - 12:00 pm	Closed 7:00 am - 12:00 pm	Closed 7:00 am - 1:00 pm	Masters Swim 7:00 - 8:00 am
	Hydro Pump 8:00 - 9:00 am	1 Lane Available 9:00 am - 12:00 pm	Open Swim 12:00 - 6:30 pm	Open 12:00 - 6:00 pm	Open 1:00 - 3:00 pm	Swim Lessons 9:00 am - 12:00 pm
	Closed 9:00 am - 12:00 pm	2 Lanes Available 12:00 - 1:00pm		Closed 6:00 - 6:30 pm	Closed 3:00 - 6:30 pm	
	Open Swim 12:00 - 6:30 pm	Open Swim 12:00 - 6:30 pm				
SUN.	Adult Only 8:00 - 10:00 am	3 Lanes Available 8:00 - 10:00 am	Closed 8:00 - 10:00 am	Closed 8:00 - 10:00 am	Closed 8:00 am - 12:00 pm	Swim Programs
	Open Swim 10:00 am - 5:30 pm	Open Swim 10:00 am - 5:30 pm	Open 10:00 am - 5:30 pm	Open 10:00 am - 5:30 pm	Open 12:00 - 2:00 pm	
					Closed 2:00 - 5:30 pm	

SWIMMING LESSON CLASS DESCRIPTIONS

Parent & Child Level 1 (ages 6 months - 24 months)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 months - 3 years)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 months - 3 years)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

Preschool 1 (Ages 3-5)

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

Pre-requisite: Child must be ready to participate in a group setting.

Preschool 2 (Ages 3-5)

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

Pre-requisite: Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front & back with support.

Preschool 3 (Ages 3-5)

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

Pre-requisite: Pass Preschool 2; OR Independently floating on front & back for 5 sec; forward movement through water.

Level 1: Introduction to Water Skills (Ages 6+)

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Pre-requisite: Child must be ready to participate in a group setting.

Level 2: Fundamental Aquatic Skills (Ages 6+)

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

Pre-requisite: Pass Level 1; OR Go underwater without hesitation; comfortable floating on front & back with support.

Level 3: Stroke Development (Ages 6+)

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

Pre-requisite: Pass Level 2; OR Independently floating on front & back for 5 sec; forward movement through water.

Level 4: Stroke Improvement (Ages 6+)

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

Pre-requisite: Pass Level 3 OR Swim 15 yards of front crawl with rotary breathing.

WATER AEROBICS CLASS DESCRIPTIONS

H2O Aerobics: Join us for a total body workout that will physically challenge you!

You will get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, flexibility and fat burning. The water provides great resistance and a low-impact workout. This class is for everyone! Join us for a change of pace, for cross-training or for general fitness.

Hydro Pump: This is our highest intensity class! Gain strength and endurance like you would on land, but have the extra resistance from working against the river current.

Arthritis Foundation Water Exercise: Nearly 46 million Americans have been diagnosed with a form of arthritis. Come join our Arthritis Foundation water exercise classes which are designed to keep joints moving, reduce joint pain, restore and preserve strength, flexibility, and protect joints against further damage.

Low Impact/Low Intensity & Pre/Post Natal Class: Enjoy a fun, relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization.

Hydro Pump / Deep Water Combo: This comprehensive workout will be in two parts. For half the class you will workout in the lazy river for a not so lazy class. During this portion of the class, instructors use water weights, noodles and more to provide a challenging and exciting workout. The other half you move to the deep end of the pool and continue working cardiovascular fitness, flexibility, strength, muscle tone and increase fat burning. Flotation devices (hand buoys, belts and noodles) provide stability and flotation in deep water; however, you should feel comfortable in deep water.

Aqua Zumba: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

MORE INFORMATION...

Swim Lesson Registration Dates:

	Resident	Non-Resident
June Session #1	April 19	April 26
June Session #2	June 7	June 9
July Session #1	June 21	June 23
July Session #2	July 5	July 7
August Session	July 19	July 21

Swim Lesson Session Dates:

	Mon - Thurs AM	Tuesday/Thursday PM	Saturday AM
June #1	June 2—June 12	June 3—June 19	May 31—June 28
June #2	June 16— June 26	June 24—July 17	
July #1	June 30—July 10		July 12—August 9
July #2	July 14—July 24	July 24—August 7	
August	July 28—August 7		

Aquatics Contacts:

Karen Newlon, Aquatics Coordinator at 303.926.2562

Matt Brown, Head Lifeguard at 303.926.2563

Avalon Mays, Head Lifeguard at 303.926.2567